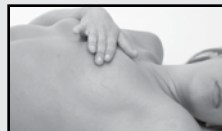


## Take Charge of Your Life!

- Right away: Always report any changes in your breasts, such as a lump, breast size, shape and color, dimpling of the skin, nipple discharge, nipple retraction or pain to a health care provider.
- Monthly: Knowing how to do a monthly breast self-exam (BSE) can help you identify changes in your breasts. If you do not know how to do a BSE, ask your doctor or nurse to teach you.
- Yearly: Talk with your health care provider to see if you need a mammogram.



Breast Self-Exam



Clinical Breast Exam

*"Early Detection is the Best Protection."*

To learn more, call the BNC Information Line at

**1-800-450-4611**

to ask about the SC Best Chance Network,  
or visit us online at [www.scdhec.gov/bcn](http://www.scdhec.gov/bcn).



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A  
**Mammogram**  
Could **Save**

Your  
**Life**

The Beauty of  
the Mammogram

### Why should I have a mammogram?

As you get older, your chances of having breast cancer go up. Even if you have no signs or lumps in your breast, you should have a mammogram each year. A mammogram could save your life. If detected early, breast cancer can be treated with more success.

### How do I know if I need a mammogram?

Talk with your doctor to see if you need a mammogram.

### What is a mammogram?

A mammogram is an X-ray picture of your breast. The X-ray images make it possible to find breast cancer that cannot be felt by you or your health care provider.

### How is a mammogram done?

1. Usually at least two pictures are taken of each breast that will require you to stand in front of and beside a mammogram machine. A trained person will take the X-ray by placing your breast between two plastic plates.



*Mammogram*

2. In order to get a high-quality picture of the entire breast, the plates will press your breast to make it flat. The firm compression can feel uncomfortable, but it only lasts a few seconds. Talk to the technologist if you have pain. You can be repositioned to make the procedure as comfortable as possible.
3. One at a time, X-ray pictures will be taken of each breast.

### What does a mammogram cost?

The cost of a mammogram usually runs several hundred dollars. Some insurance companies will pay for this test or may require a co-pay.

### Where can I get a mammogram?

To find out where you can get a mammogram:

- Ask your health care provider.
- Call the Best Chance Network at 1-800-450-4611 to learn about eligibility for Best Chance Network and other community resources for getting a mammogram.
- Share this brochure with someone you know and tell family members and friends about the importance of screening.